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Ottawa metro

Your essential daily news | WEEKEND, JUNE 3-5, 2016 | High 26°C/Low 14°C Sunny

'We cannot deny that some of them will be homesick, thinking about those relatives they left behind.'
Mohammed Mostefa on welcoming Syrian refugee newcomers to this year's Ramadan
metroNEWS

LUCY SCHOLEY/METRO

Quax on, quax off

IBIKEIBUY

Councillor set to show how cyclists spend on the go

Emma Jackson
Metro | Ottawa

Quax, record, repeat.

Coun. Jeff Leiper wants to know how you spend when you're on your bike: Are you popping in to a local coffee shop? Picking up something for dinner? Maybe you're putting the finishing touches on a birthday present.

For the uninitiated, quaxing is, quite simply, the act of running errands by bike, foot or transit — named for an Auckland, New Zealand politician who couldn't believe anyone would actually run errands without the help of a car.

Leiper wants to prove that cyclists spend money just like drivers.

"I think we're going to see quaxing become a bigger thing," Leiper said.

According to Leiper, if cyclists can track how they spend their money, then councillors will have more ammo when they go to council looking for bike funding.

"It's all leading to more cycling parking and cycling infrastructure," he said.

The process is simple. Cycling shoppers make their purchases, and then log the amount of money they spent on the IBikeIBuy app.

They can offer details right down to the shop name, and categorize their spending.

Leiper expects to see a lot of coffee shop and patio users, but "I'm hoping to be surprised by the everyday spending" like groceries.

He's expanded the website he launched last year, which allowed cyclists who parked at the Fairmont Avenue bike corral in Hintonburg track how much they spent. It logged about $6,300 in purchases from 100 individual users, Leiper said.

But the improved website — and new mobile app — will hopefully make data tracking more sophisticated, he said.

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metro NEWS

Your essential daily news

Diefenbunker's potty issues: Cold War shelter asks for help with toilets. **Canada**

Braids to take over Ritual

BACKSTAGE PASS

Songstress writes public essay about Miniskirt lyrics

Trevor Greenway
Metro | Ottawa

Montreal indie experimental band Braids to perform at Ritual Saturday. COURTESY KAROLINE LEBRUN

Raphaelle Standell-Preston is no longer afraid to tell the world her deep dark secrets.

She does it every night.

But it wasn't long ago when the perennial force behind Montreal's experimental indie band Braids was overwhelmed by cameras and microphones, as reporters pressed her for personal answers within her song Miniskirt, a track that details years of sexual abuse at the hands of her stepfather.

When she wrote the song, she wasn't ready to deal with the emotions publicly, but being forced to in the media helped the young songstress cope with the trauma — and all the awful things that come with it: shame, guilt, self hatred and the complete collapse of a family.

"The thing that is sometimes scary as a lyricist when you are really delving into your emotions and your experiences, is to have someone else explain those experiences for you. That was something that I feared in talking about Miniskirt. I didn't want them to rewrite my history for me or for them to find their own interpretation of my story," says Standell-Preston. "I wasn't comfortable until I realized how uncomfortable I was during the Miniskirt interviews and how I felt ashamed about what had happened to me and I felt really different and gross. I decided that I wanted to give my own voice to the issue, instead of having somebody else do that for me and me feeling even more voiceless."

> **I decided that I wanted to give my own voice to the issue.**
> Raphaelle Standell-Preston

So the brave young budding artist wrote a public essay, detailing the years of sexual abuse she endured, how her family collapsed when the allegations surfaced, and how she lost her 12-year-old stepbrother, at that point her best friend, in the mess.

This is where Companion comes in. Braids' latest record is an extension of 2015's Deep in the Iris and the title track is somewhat of an open letter to her long lost stepbrother. "It had nothing to do with you. How can I make that more clear?" she croons heavenly over haunting synths.

Standell-Preston and her band come to town this weekend for a live outing at Ritual this Saturday and the show promises to an intense nosedive into the songstress's head and heart.

PATIENTS

Bill would overhaul health care

Ontario's Liberal government has introduced legislation aimed at improving patient care which calls for some major changes to the $50-billion health-care system.

The 14 Local Health Integration Networks (LHINs) set up by the Liberals will be given an expanded role while the Community Care Access Centres (CCACs) created by the previous Tory government will be shut down.

The LHINs will be responsible for primary care, home and community care, which the government says will improve and integrate delivery of front-line services.

They will also get additional responsibility for "planning and performance" of primary care providers, including doctors, who have been locked in a lengthy battle with the Liberals over a new fee schedule.

The province spends $90 million a year to run the LHINs, which are responsible for doling out $25 billion a year in spending — half of the huge health-care budget.

THE CANADIAN PRESS

LABOUR

Slot workers back on the job after deal reached in dispute

After more than five months of negotiations, slots workers have returned to their jobs at the Rideau Carleton Raceway.

The 124 workers who were locked out in December were welcomed back to work on Thursday after their union, the Public Service Alliance of Canada (PSAC), and the Ontario Lottery and Gaming Corporation (OLG) reached a collective agreement on May 27.

"We agreed to agree on the stuff that we agreed on," said Larry Rousseau, regional executive vice president for PSAC.

Workers were locked out in December when the union and OLG could not reach a collective agreement.

Rousseau said that the vast majority of the 124 workers who have struggled for the past five months are happy the process is over, but that there is still a lot of frustration.

Pickets and signage came down immediately following the agreement, but Rousseau said there is still some "post-strike stress" for employees.

"It's not where anyone wanted to be," he said of the five-month hiatus from work

Still, all employees are immune from any reprisals coming out of the lockout.

"I am very happy and relieved it is over," Rousseau said. "They (the workers) can hold their heads high. They fought until the very end for the respect that they deserve."

Representatives from OLG declined to comment on the return of the workers, but issued a statement on May 30.

KELLY KENT/METROLAND MEDIA

Syrians welcomed to Ramadan here

OBSERVANCE

Local Muslim community keen to include refugee families

Lucy Scholey
Metro | Ottawa

As Ottawa Muslims prepare for the first day of Ramadan on Monday, mosques and Islamic groups will be rolling out extra prayer mats.

They are expecting bigger congregations during the month-long religious event, as Syrian refugee families celebrate their first Ramadan here

Mohammed Mostefa, president of the Assunnah Muslims Association (AMA), said all hands are on deck to welcome their new neighbours. And it may be a tough Ramadan for some.

"We cannot deny that some of them will be homesick, thinking about those relatives they left behind," he said.

He's expecting at least 100 Syrian refugees to join in the prayers at the group's community centre on Hunt Club Road. That's apart from the 700 people who usually attend the facility's weekend Ramadan festivities.

The association just opened its newly renovated "masjid," or community centre, last month. The expansion includes two new prayer spaces — one for men and the other for women.

"We are ready for that increase in the number," said Mostefa.

In previous years, the group housed Ramadan evening meals in a 6,000-square-foot tent. This year, the 10,000 square-foot basement will be packed with Muslims, breaking fast with traditional meals like bananas and rice.

The AMA is also making Ramadan take-home baskets, which include bags of rice, cooking oil, meat, and tomato paste. The group does this every year for low-income congregants who can't afford the Ramadan necessities.

Ali Binsilim, secretary of the Ottawa Muslim Association, said he has seen an increase in food and meal donations for this year's Ramadan. He believes more people want to pitch in and provide for new Syrian refugees. Every week, the Ottawa Main Mosque has been charting in two busloads of refugees every week for Friday prayers. He's expecting more during Ramadan.

Mohammed Mostefa, president of the Assunnah Muslims Association (AMA), said members of his mosque are making extra preparations for Syrian refugee newcomers to this year's Ramadan. LUCY SCHOLEY / METRO

"You hear what they're going through and being to extend that helping hand, it's very rewarding," he said. "You know you're setting a good example as a Muslim Canadian."

So far, 1,500 refugee families fleeing civil war in Syria have landed in Ottawa.

5 THINGS TO DO IN OTTAWA THIS WEEKEND

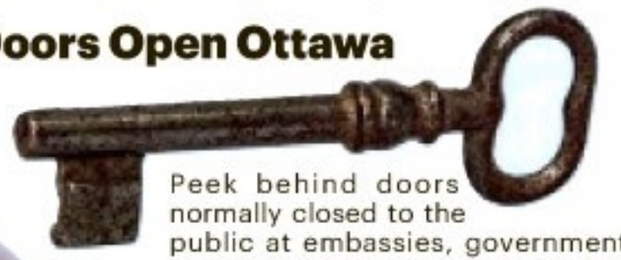
Read some zines, eat your greens and tour mysterious buildings

Haley Ritchie
Metro | Ottawa

1 City of Om

Pure Yoga's City of Om festival is on Saturday at Lansdowne Park. Aside from yoga, there'll be a 5K race, music, healthy living workshops and an after-party at Pure Kitchen, and plenty of artists and vendors. **Advance tickets $48.67; $60 at the door.**

2 Doors Open Ottawa



Peek behind doors normally closed to the public at embassies, government buildings, labs and more at this free citywide event. Participating **venues, opening times and pre-registration details at ottawa.ca**

3 Westfest

Free music and poetry at Laroche Park (52 Bayview Rd.) in Mechanicsville. Enjoy musical stages, an indigenous pavilion, kid zone, vendors and food trucks. **Friday 4 to 11 p.m., Saturday 11 a.m. to 11 p.m., and Sunday 11 a.m. to 11 p.m.**

4 Veg Fest

Take part in workshops, cooking demos and presentations on plant-based diets, sustainable eating and animal rights. **On at the RA Centre on Saturday and Sunday, 10 a.m. to 4 p.m.** Admission is by cash donation.

5 Zine Fair

Check out all the writers, illustrators and creatives who are DIY publishing in Ottawa and beyond at this weekend's zine fair. **Bronson Centre's Mac Hall, Saturday, 11 a.m. to 5 p.m.**

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RETAIL

Farm Boy looking to expand

Shoppers in Ottawa have headed to Farm Boy grocery stores for years, fans of its high-quality fruits and vegetables, locally produced artisanal cheeses and private-label soups and tourtieres.

With Farm Boy's commitment to local farmers and suppliers, as well as the growing line of store-brand products, the retailer has a loyal following in Canada's capital region.

Now the chain is looking for new devotees as it brings its brand of fresh and local to the massive southern Ontario market.

Over the last two years, Farm Boy has opened stores in London, Kitchener, Brantford and Whitby.

The company has avoided Toronto and its sky-high rents so far, but chief executive Jeff York has his eye on the market.

Farm Boy is working on what York is calling the chain's first "urban concept" store set to open in Ottawa later this summer with more fresh prepared food and improved options for eating it in the store.

He says the smaller format amounts to a laboratory where they'll work out the design close to home before taking it to the big city.

In November 2012, U.S. firm Berkshire Partners made an investment in the privately held company. When Berkshire made its investment, Farm Boy had 13 stores in Ottawa, Cornwall and Kingston. Today, the chain is set to open store No. 22 this fall in Pickering, Ont., east of Toronto.

Founded in 1981 in Cornwall, Ont., Farm Boy has made its name with a focus on high-quality produce, meat, bakery and prepared foods and private-label products. THE CANADIAN PRESS

CANADA

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Doors are Open to huge wind tunnel

NATIONAL RESEARCH COUNCIL

Tours given Sunday from 10 a.m.-4 p.m.

Long shadows stretch across a section of the cavernous steel shell as spotlights shine through the spokes of a massive fan. Voices echo as sound bounces off the high-tech structure.

You can almost hear the soundtrack of a James Bond 007 movie as you enter the largest wind tunnel in Canada, owned and operated by the National Research Council of Canada (NRC) at its sprawling Uplands campus near the Ottawa International Airport.

At nine metres high by nine metres wide, the tunnel is like something straight out of a movie, and in fact, it was recently scouted as a potential filming location.

"I don't think a lot of TV dramas would have a wind tunnel as part of their plot device, but if they do, we're here," said Raymond LeBlanc, the NRC's Uplands facilities manager, who runs two tunnels at the campus — the nine-metre tunnel and a neighbouring one that can generate supersonic speeds.

To celebrate the research council's centennial this year, the doors to a portion of the nine-metre tunnel will be opened to the public for the first time in a decade during Doors Open Ottawa this Sunday, from 10 a.m. to 4 p.m.

While on the tour, visitors can step inside the main chamber of the tunnel and see some of the different high-tech vehicle scale models that can be tested against wind speeds of more than 200 kilometres per hour.

Some of the 30 experts who work at Uplands will be on hand to answer questions.

ERIN MCCRACKEN/METROLAND MEDIA

Raymond LeBlanc, facilities manager of Uplands wind tunnels, stands near the massive fan. ERIN MCCRACKEN/METROLAND MEDIA

CRIME

Witness snapped photos of robbery

Joe Lofaro
Metro | Ottawa

Ottawa police hope cellphone images, captured by the witness of a robbery, will help investigators nab a group of men who pushed a woman down a flight of stairs and stole her cellphone.

Police say the incident began at 3:35 p.m. on May 16, when a woman in her 20s was walking to work along the 1700 block of Bank Street and noticed three to four men outside the building.

The men followed the woman into the stairwell of her building, where she was pushed down the stairs, according to police. She was hospitalized for unspecific injuries.

A witness saw two of the men flee. When the woman came out in tears, the witness followed one of the men and started photographing him.

That suspect is described as black, 18 to 24 years old, about five-foot-11, with longer hair. He was wearing a Brooklyn Dodgers baseball jacket, black pants and black sneakers. The other suspects were also black and of about the same age.

IN BRIEF

Man in hospital following shooting in Orleans

A man is in hospital with multiple gunshot wounds after a shooting in Orleans early Thursday morning.

Police responded around 1:40 a.m. to a call near St. Joseph Boulevard and St. Pierre Street, where they found the victim.

He was taken to hospital. Const. Marc Soucy said they are "not fearing for his life at this moment." It's not clear yet if the shooting is gang-related, he said. No suspects are in custody, and no charges have been laid. EMMA JACKSON/METRO

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The Diefenbunker toilets are 'pooped'

BOMB SHELTER

Cold War museum seeks help with plumbing

It was built to withstand a nuclear bomb, but the Diefenbunker is experiencing a more mundane problem. To be specific, its toilets are busted.

Or, as the Cold War museum puts it: "There's no way around it, our system is pooped."

The plumbing crisis has reached the point where the Ottawa attraction has issued a public request for donations to pay for the necessary repairs.

"If you've been to the museum ... you'll have no doubt noticed the many OUT OF ORDER signs that grace our stall doors," the Diefenbunker says in its fundraising appeal. "And stalls that are actually open welcome visitors with a kind reminder to hold that flush for a count of 10."

The bomb shelter was commissioned in 1959 by then prime minister John Diefenbaker to house senior government officials in case of a nuclear attack. It was declared a national historic site in 1994 and turned into a museum three years later.

The toilets were carefully designed. According to the museum, they're mounted on rubber pads and have flexible connections to the main plumbing system "so they can't break or disconnect in case of an explosion (insert potty humour here)."

Repairing the aging fixtures is now an expensive proposition, said Alexandra Galloway, visitor services co-ordinator.

"We are a not-for-profit museum, so updating our plumbing — toilets and things like that — does cost quite a bit of money," she said Wednesday.

"Our goal is (to raise) $10,000, but however much we end up getting would be great."

THE CANADIAN PRESS

The Diefenbunker might survive the end of humanity as we know it, but it's struggling to live through times of no washrooms. HANDOUT/THE CANADIAN PRESS

URBAN PROJECTS

Mayors promised flexible funding

Stephanie Taylor
Metro | Winnipeg

The federal infrastructure minister assured Canada's big city mayors that despite criteria required to receive millions under the first stage of his government's infrastructure program, there will be flexibility on project-by-project basis.

Amarjeet Sohi was in Winnipeg to meet with members of the Federation of the Canadian Municipalities' Big City Mayors' Caucus Thursday to discuss details on the first phase of the Liberals' infrastructure program, which will see billions earmarked for transit and waste water upgrades.

He said the money will be allocated for repairs to existing infrastructure, retroactive to April 1, as well as fund the planning, even building of new projects, so long as they are complete by March 2018.

"Having said that, we will be working very closely with each municipality in each province to understand their needs, and if there's a flexibility required on a particular project-to-project basis, we will work with our local communities," Sohi said.

"This is about ensuring that we are here to support local communities. Your federal government is not here to tell municipalities what to do and how to build infrastructure."

"Overall, the message is flexibility and that's appreciated," Edmonton Mayor Don Iveson said of Sohi's remarks.

He also said mayors were OK with the government's two-phase approach to funding $60 billion of its infrastructure program.

"The sooner we know money will be flowing in Phase 2, the easier it is to commit to moving ahead with the first smaller piece because you can build on top of that," he said.

"This is about ensuring that we are here to support local communities."
Infrastructure Minister Amarjeet Sohi

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TWO HOMES

ONE STILL STANDING, THE OTHER DESTROYED BY WILDFIRE

This cul-de-sac in Timberlea is about 100 metres from the edge of the boreal forest. KEVIN TUONG/FOR METRO

Return to FORT MAC

Alex Boyd
Metro | Edmonton

On the cul-de-sac, located 100 metres from the edge of the boreal forest, there is a lesson in the randomness of wildfire.

Paul Allain's house on the corner is gone. Its walls are beginning to buckle and the roof is caving. A scorched set of Christmas lights, all the bulbs shattered, hangs from the corner.

But Mike Stringer's house, right beside Allain's, has been spared.

And on Thursday, the two stood on their cul-de-sac, in the Timberlea neighbourhood of Fort McMurray, and absorbed the aftermath.

"A lot of hard work gone down the drain," Allain said, standing just outside the fence that someone — probably the RCMP — set up to separate his house from his neighbours.

"It took four years to get it to the way my wife wanted it."

Stringer, who had just arrived from Edmonton, appeared shaken. "I thought there were only a few houses that burned," he said.

"It wasn't expected, as bad as this."

Timberlea as a neighbourhood only saw 13 homes burn, but this cul-de-sac and the connected street bore the brunt of the damage.

A whole row of houses opposite has vanished, leaving skeletons of cars and children's playground equipment. From there, the fire jumped the street to devour a small cluster of homes, Allain's among them.

It stopped at an invisible line dividing his house from his garage — which, aside from the moss green siding that looks slightly melted, appears fine.

Allain joked that he saved something from the fire after all: The four dozen beers he'd left in the garage.

As he surveyed the ash, sprayed with a white compound to stop the spread of toxic chemicals it contains, he wasn't sure there was hope of retrieving the family photos and baby clothes that his wife asked him to look for.

Paul Allain's house was destroyed, but the fire stopped at his garage. KEVIN TUONG/FOR METRO

His first child was due the day of the fire.

Luckily, his son arrived eight days early, so when forced to evacuate, Allain and his family were able to load the baby up and go.

"You just put him in his seat and boot 'er. Twelve hours he was in his car seat," he said. "Just feeding and going down the highway."

Despite his loss, he said he plans to rebuild in the neighbourhood, which he added is the sort of place where people shovel each other's driveways when someone's away at work.

But he won't bring a newborn back until the house is fully complete. He hopes to return by Christmas.

Stringer said he's also worried about bringing his three-year-old daughter back. She's been asking why they aren't at home, but has asthma.

"All of my little girl's friends live over there," he says, gesturing towards the row of ash across the street.

"I wouldn't say I wished my place burned," he said, "but when you see all the other guys and their families, where are they going to go?"

Drones soar in wildfire zones

Crews fighting a wildfire around Fort McMurray in northern Alberta say drones are buzzing about and threatening operations.

Senior wildfire manager Chad Morrison says drones haven't affected firefighting operations at this point, but can be dangerous.

"We're still investigating ... (but) my understanding is the fleet is still flying at this point," Morrison.

Drones, while small, can get caught up in the rotors of helicopters or plane propellers.

"Impacts and consequences can be very high, so we want to make sure that people are taking this warning very seriously."

Morrison said he believes the drones are attempting to get aerial footage of the fire.

The area around the blaze that forced more than 80,000 people from their homes is still restricted air space and "as busy as any city airport" as choppers and air tankers continue to fly in and out.

Fines for not following the rules are as high as $25,000.

The fire is holding at 5,800 square kilometres, but Morrison said most of that area is no longer burning except for some parts of the perimeter.

Scott Long of Alberta Emergency Management said the return of residents to the city has been going smoothly. About 8,000 of 13,000 evacuees eligible to go back did so Wednesday on the first day of a staged re-entry.

THE CANADIAN PRESS

$25,000

The fine for not following the rules when it comes to flying drones is as high as $25,000.

AGREEMENT

Laws on child labour must be enforced: Minister

The federal government is set to ratify an international agreement on combating child labour, but internal documents suggest Canada has little ability or experience enforcing similar provisions in trade agreements.

Those agreements with the world's most advanced and fastest-growing economies allow Canada to exact monetary penalties, including up to $15 million as part of a labour agreement with Colombia.

However, documents obtained by The Canadian Press under access to information provisions say Canada has little experience in ensuring international partners meet the binding labour obligations outlined in agreements.

The background material prepared by the labour program at Employment and Social Development Canada last year also says dispute resolution and financial penalty processes are untested internationally.

Labour Minister MaryAnn Mihychuk said Canada still needs to work on its enforcement and compliance efforts.

"Instead of looking at enforcement and penalties, we're actively engaged with Colombia, Honduras, Vietnam," she said.

"We would look at providing technical assistance, assisting them to find a different path, encouraging them to follow best practices that comply with the declaration ... So I would rather see us working co-operatively with other nations rather than looking at penalties."

Mihychuk said she is looking to increase capacity in the area by boosting the federal labour program's budget, because domestic businesses want the government to make sure competitors aren't using child labour to gain an economic advantage.

THE CANADIAN PRESS

168 million
Estimated number of child labourers in 2013.

44%
Percentage of child labourers between the ages of 5 and 11.

85 million
Children worldwide who do hazardous work.

EXPENSES

Cyberbullying victims get insurance coverage

In a sign of the times, Chubb has brought its cyberbullying insurance to Canada.

The coverage for homeowners provides up to $60,000 to pay for a victim's expenses related to harassment and intimidation committed by computer, phone or mobile devices.

It suggests costs could include legal defence against wrongful termination or false arrest.

Costs could also include medical treatment for mental anguish or shock, security consultants and professional public relations services.

Chubb's coverage for victims of cyberbullying was introduced in the U.K. in December and has been offered in the United States since March.

The cyberbullying protection is now included as part of the company's family protection package, a $110 add-on available to those who have the company's main homeowner's insurance policy.

THE CANADIAN PRESS

France, Germany under water

WEATHER

Six dead as water levels continue to rise

Residents evacuate their home in Simbach am Inn, Germany (left) and in Nemours, south of Paris (right), on Thursday. Floods inundating parts of France and Germany have left six people dead and thousands trapped in homes or cars, as rivers have broken their banks from Paris to Bavaria. GETTY IMAGES & THE ASSOCIATED PRESS

The rising waters of the Seine overflowed riverbanks, roads and rail tracks across Paris on Thursday, forcing authorities at the Louvre to do something they have not done in generations: hurriedly move precious artworks to higher ground.

European rivers have burst their banks this week from Paris to the southern German state of Bavaria, killing six people, trapping thousands and forcing everything from subway lines to castles to museums to shut down.

Water levels at the famous river that winds through the French capital are expected to peak Friday sometime about noon. Paris police upgraded their flood warning Thursday to "orange" — the second-highest level — for areas near the Seine, which means they believe the floods could have "a significant impact" on buildings and people.

The Louvre Museum announced it will be closed Friday to remove artworks from rooms threatened by the rising waters, preventatively shifting them upstairs. Its most famous painting, Leonardo da Vinci's Mona Lisa, is staying put on an upper floor.

The Orsay museum, on the left bank of the Seine, will also be closed Friday to prepare for potential flooding.

A spokeswoman at the Louvre said the museum had not taken such precautions in its modern history — since its 1993 renovation. Some underground storerooms created during the renovation are particularly vulnerable to flood risks.

She spoke on condition of anonymity in line with the museum's policy.

The Louvre did move art to higher floors in the flood that devastated Paris in 1910, but authorities were still checking to see if similar actions had been taken from then to 1993. About 200,000 artworks are located in flood-risk areas, mostly in storerooms.

French President Francois Hollande said a "natural disaster" will be formally declared next week for areas most affected by the flooding — and a separate fund will help villages and small towns deal with the damages.

In Berlin, German Chancellor Angela Merkel, meanwhile, promised continued help for flooded areas, telling reporters Thursday that she "mourns for those for whom the help has come too late, who lost their lives."

The floodwaters in Bavaria receded somewhat and disaster relief crews were helping to clear the wreckage, but there were warnings of more storms.

THE ASSOCIATED PRESS

CINCINNATI ZOO

Gorilla exhibit re-opens

The Cincinnati Zoo said Thursday it will re-open its gorilla exhibit next week with a higher, reinforced barrier after a 3-year-old boy got into the enclosure, leading to the fatal shooting of a male gorilla.

Zoo spokeswoman Michelle Curley said the outer barrier will now be 42 inches high — a half foot taller than before — with solid wood beams on top and at the bottom, plus knotted rope netting at the bottom.

The zoo said there had been no earlier breaches in Gorilla World's 38-year history and that the previous barrier had passed multiple inspections.

"Our exhibit goes above and beyond standard safety requirements, but in light of what happened, we have modified the outer public barrier to make entry even more difficult," zoo director Thane Maynard.

Meanwhile, a prosecutor reviewing the police investigation of the case said he'll announce a decision on charges Monday.

THE ASSOCIATED PRESS

Sexual violence a tactic of terror

Just as the international community has made some inroads combating sexual violence as a weapon of war, extremists are adopting the age-old tactic as a tool of terror.

Speaking Thursday at a Security Council session on sexual violence in conflict, UN Secretary-General Ban Ki-moon pointed to the recent conviction of Democratic Republic of Congo politician Pierre Bemba Gombo by the International Criminal Court as the "latest sign that the era of impunity for sexual violence as a tool of war is over."

But he acknowledged much more remained to be done.

"One extremely disturbing aspect is the use of sexual violence as a tactic of terrorism. Daesh, Boko Haram and other extremist groups are using sexual violence as a means of attracting and retaining fighters, and to generate revenue," he said.

Ban's Special Representative on Sexual Violence in Conflict Zainab Bangura said that "war of conquest of extremist groups is being fought on and fought over the bodies of women and girls … It is the revival of the slave trades." THE ASSOCIATED PRESS

A boy stands among the wreck of a torched tent in a detention camp on the Greek island of Lesbos, on Thursday, after overnight clashes between groups of migrants. AFP/GETTY IMAGES

Migrant groups clash on Greek islands

Greek police say clashes have broken out between rival ethnic groups of refugees and other migrants at a detention camp on the eastern Aegean Sea island of Samos.

Police say six people have been injured and 25 detained. About 1,100 people are held in the facility.

Thursday's violence came a day after similar clashes at a camp on the island of Lesbos, which left three migrants hospitalized with injuries.

More than 8,000 people are held in detention on Greece's eastern islands following a March agreement between the European Union and Turkey to deport migrants and refugees.

Deportations have been held up by delays in the asylum screening process — triggering frequent unrest.

About 52,000 refugees and economic migrants have been trapped in Greece after a series of Balkan border closures.

Earlier Thursday, police in Hungary and Slovakia said they broke up a network of 19 human smugglers who were taking migrants from Greece through Serbia to Hungary and then onto western Europe. Police said the suspected smugglers — including Slovaks, Afghans and Hungarians — charged people 400-600 euros ($445-$670) on the last leg from Hungary to Germany.

THE ASSOCIATED PRESS

Did you live at an Ontario Institution for People with Developmental Disabilities?

St. Lawrence Regional Centre between April 1, 1975 - June 30, 1983	**L.S. Penrose Centre** between April 1, 1974 – March 31, 1977	**D'Arcy Place** between Sept. 1, 1963 – Dec. 31, 1996
Oxford Regional Centre between April 1, 1974 - March 31, 1996 or in the "Mental Retardation Unit" or "MR Unit" between Jan. 1, 1969 - March 31, 1974	**Midwestern Regional Centre** between Sept. 1, 1963 – March 31, 1998	**Adult Occupational Centre** between Jan. 1, 1966 – March 31, 1999
Durham Centre for the Developmentally Handicapped between April 1, 1974 - Sept. 28, 1986	**Muskoka Centre** between Aug. 28, 1973 – June 30, 1993	**Prince Edward Heights** between Jan. 1, 1971 – Dec. 31, 1999
Northwestern Regional Centre between April 1, 1974 - March 31, 1994	**Bluewater Centre** between April 1, 1976 – Dec. 20, 1983	**Pine Ridge** between Sept. 1, 1963 – Aug. 31, 1984

A Lawsuit Settlement Has Been Approved and You May Be Able To Get Some Money.

There was a lawsuit about 12 Ontario institutions for people with developmental disabilities. The lawsuit is now over and there is money for people who were harmed while living at any of these institutions. Check the dates beside the name of the place where you lived. If you lived there between those dates, then you can now ask for money from the lawsuit.

How do I get this money?
You must fill in a Claim Form and send it to the claims office. You must send the form by **February 28, 2017**. The office will check your form to decide whether they can pay you.

How much money could I get?
You could get up to:
• $2,000 if you were harmed or hurt at any of these institutions.
• $42,000 if you write about how you were harmed or hurt.
How much you get depends on what you write in the form and how many people send in forms.

How do I get a Claim Form?
You can call the claims office:
• Phone 1-866-442-4465
• TTY: 1-877-627-7027
You can also get the form online at www.Schedule1Facilities.ca

Can I get help with the form?
Yes. Your family member, support person or someone you trust can fill in the form. You can also call for help:
• Phone 1-866-442-4465
• TTY: 1-877-627-7027

Can family members get money?
No. But estates of class members who lived at one of these institutions and died after June 16, 2012 can ask for money.

Do you know someone who lived at one of these institutions?
Please share this information with them or their support person.

metro VIEW

Your essential daily news

SCIENCE SAYS Weekend, June 3-5, 2016

SPOTTY INTERNET
Google searches for "chickenpox" declined rapidly in countries with mandatory vaccination.

DECODED Summer storm safety

WHEN LIGHTNING STRIKES

BOOM! CRACK! It wouldn't be summer without the sounds of a storm. It's true: Getting struck by lightning isn't likely, but it does happen — sometimes in surprising ways. **Here's how to stay safe this summer.**

BE CAREFUL

AVOID AT ALL COSTS

IN THE CAR
As long as it's not a convertible, the metal shell (NOT the rubber tires) protects you. But don't touch the metal interiors.

ON THE PHONE
If you're inside, you're likely safe. Lightning's electricity travels through the plumbing, electrical system or downspouts. But stay away from plugged-in appliances. Most lightning strikes indoors happen to people talking on landlines.

BY THE SINK OR SHOWER
There's a small chance you could be zapped by metal pipes, so put off showering or doing dishes or laundry until the storm has passed.

GOLFING
For the love of safety, don't be holding a metal golf club, umbrella or fishing pole!

OUT IN THE OPEN
Take shelter ASAP; not in a shed or under a tree. If you can't, do the **lightning crouch**: Get low to the ground with hands on your knees. Minimize your contact with the ground.

SWIMMING
Get to a safe spot quickly! In water (which conducts electricity), your body is likely one of the highest points around.

HOW LIGHTNING WORKS — WE THINK

1. WIND AND ICE
Small pieces of ice are tossed around in the clouds during a storm, creating static electricity.

2. CHARGE DIFFERENCE
Negative charges (electrons) accumulate at the base of the cloud, while positive charges collect at the top of the cloud and on the ground.

3. FLASH!
Positive and negative attract: A channel of negative charges (an electric current) surges towards the ground in a series of 50 to 100-metres steps. Currents of positive charges also move upward from high-up objects on the ground, like lightning rods.

4. BANG!
Lightning heats the air around it, causing it to expand and emit the BOOM we hear as thunder.

SOURCE: ENVIRONMENT AND CLIMATE CHANGE CANADA

GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS
Your week in science

HOW WE MET OUR BFF
When and where did early humans befriend wolves, eventually domesticating the chow chows, chihuahuas and retrievers of today? It's been debated for decades. An Oxford genetic study of ancient and modern canines suggests humans domesticated dogs twice, once in Asia and once in Europe.

CRISP DISCOVERY
The discovery of the CRISPR system in 2012 rocked the field of genetics, allowing for precision editing of DNA. Now a similar system has been discovered for RNA, DNA's precursor. RNA has a role in a baffling array of processes. Now scientists may be able to manipulate cells in more ways than ever before.

SOUND SMART

DEFINITION
A controversy in the epidemiology and public health literature about whether **low-cost mass treatment of parasitic diseases** produces dramatic improvements in health, education and the economy.

USE IT IN A SENTENCE
"Bill and Joanne can't agree on whether to see Neighbours 2 or the Angry Birds movie. I hope this doesn't become as contested as the **Worm Wars**."

CITIZEN SCIENTIST by Genna Buck

Is treating food with radiation a good idea?

When I get an X-ray at the dentist everyone else clears out of the room. Why then, is it OK for me to eat an irradiated burger? — Angela, Calgary

A quick refresher: Radiation is movement of energy through space in the form of particles or waves. Heat, light, sound and nuclear fission are all radiation.

The gamma rays or X-rays used for sanitizing are not powerful enough to make food radioactive. There's no atom splitting going on here!

But the radiation can kill nasty bacteria, viruses or parasites lurking in the meat. There's a good reason Health Canada has announced it wants to allow the sale of irradiated ground beef: Four million Canadians get food poisoning every year and a couple of hundred die.

There's been half of a century of research on the health effects of food irradiation. Some concerns have been raised about the formation of free radicals and other potentially harmful chemicals during the process. But pretty similar stuff is created when you cook meat, and the scientific consensus is that radiation by-products aren't present in high enough amounts to have significant effects. Overall, the benefits far outweigh the risks.

As for your dentist's office: X-rays aren't benign. They have damaging effects on DNA that are cumulative. Over the long term, exposure increases the risk of cancer. That's why you wear a protective lead apron and why staff leave the room. But X-rays don't make you radioactive.

Your question shows why so many debates on fundamental questions of science devolve into the opposing sides shouting past each other. We're not all defining our terms the same way or working with the same base of knowledge. Three cheers for scientific literacy!

Science Question? Tweet @genna_buck

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TMNT

A psychologist analyzes the heroes in a half-shell

Colin McNeil
Metro | Canada

As the surprisingly informative theme song for the 1987 cartoon series tells us: "Leonardo leads, Donatello does machines … Raphael is cool but rude, Michelangelo is a party dude."

But is there more to our favourite heroes in a half-shell?

With the new Teenage Mutant Ninja Turtles movie opening today, we took a tumble down the proverbial manhole with Dr. Jeff Howlin, a licensed psychologist "steeped in Jungian theory" to find out what really makes the Turtles tick. Dr. Howlin put the TMNT universe under the microscope of Jungian psychology – a school of analysis named for Swiss psychiatrist Carl Jung that entails "the study of the psyche's (or soul's) tendency toward wholeness."

For Howlin, the turtles shouldn't be looked at as individuals, but as four slices of a whole mental pizza. In his view (let's dub it Shell Theory) the four turtles represent one man's psyche.

"Yes we're talking about individual turtles," Howlin explains, "but all of this can be about the development of an individual and the different parts within them."

Each turtle represents four essential "masculine archetypes"– forming a well-rounded, healthy psyche when they work together as a team.

Michelangelo — the care-free adventurer. Donatello — the wiz kid with his head in the clouds. Leonardo — the diligent, disciplined student. And Raphael — the emotional fighter with anger issues. Each one is a splinter of the subconscious with "unique and important things to bring to the development of a single personality."

In other words, there's a little Raph, Mikey, Donnie and Leo in all of us.

"An important part of Jungian psychology is for a person to become who they are," says Howlin. The term is individuation — but just call it destiny. The turtles' journey toward being one cohesive fighting unit — their inter-family strife, and their training — is our hypothetical little boy's personality struggling to become a full-fledged man.

Decoding the boys in green

THE REST OF THE CHARACTERS

April O'Neil
April represents the anima, or feminine archetype, present in every male mind, says Howlin. It's an important part of the male psyche.

Shredder
The turtles' sharp, chrome-coated nemesis is the self-destructive part of our psyche that wants to "stop growth and development; to stop the good that's happening; to stop the striving towards wholeness. That would be the inner shredder," says Howlin.

Casey Jones
The vigilante who uses sports equipment to beat people into submission is the stereotypical male archetype that society often pushes men to be: a hyper-aggressive representation of the animus.

Splinter
According to Howlin, the turtles' mentor and surrogate father clearly fits Jungian psychology's wise old man archetype — an often benevolent, mystical guiding figure to psyche's central hero.

"If we're looking at a young boy developing into a teenager, developing into an adult, one of the tasks of the boy is to become familiar with these different parts — the Donatello, the Leonardo, the Michelangelo, the Raphael, and to get used to using them in their life," says Howlin.

"Somebody who's 12 could be really drawn to Michelangelo, and when they hit 18 they're going to be drawn to Leonardo." A whole and healthy person, he says, has access to all four turtles.

TMNT is "really symbolically talking about what's happening inside of us on an emotional level," says Howlin.

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The Ninja Turtle brotherhood

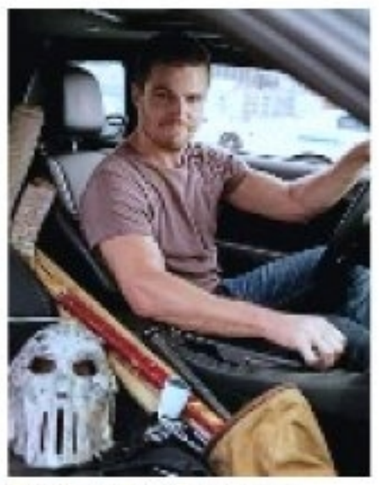
IN FOCUS

Actor uncovers what makes fans connect with franchise

In the cold-blooded world of turtles, Yertle, Gamera, Koopa Troopa and Fastback are hot names. But the most famous testudines of all time have to be the Teenage Mutant Ninja Turtles.

Stars of movies, comic books, television and video games, the four anthropomorphic turtle brothers even had action figures and breakfast cereals as part of their reptilian empire. They were 20th-century pop-culture icons, which ain't too bad for four hard-shelled crime fighters named after Renaissance artists.

Stephen Amell, who plays hockey-mask wearing hero Casey Jones in this weekend's Teenage Mutant Ninja Turtles: Out Of The Shadows, says he grew up with Leonardo, Raphael, Michelangelo and Donatello.



Stephen Amell as Casey Jones PARAMOUNT PICTURES

"The live-action films did it for me," says the actor, who was just nine when the turtles hit the big screen for the first time. "I've always ingested superheroes, especially comic book superheroes, via feature films. Like Superman, Batman, Christopher Reeve, Michael Keaton, all that stuff. When they did the live-action turtle movie I remember my brain not being able to fully comprehend how they were going to do this. Those were seminal moments from my childhood."

Turtlemania really began in 1987 with an animated series aimed at younger viewers. They quickly became something of a sensation, but with popularity came an erosion of the rebellious aspects of the story. In short, they became the thing they once poked fun at.

The turtles went mainstream, and soon there were arcade games, action figures, clothing, movies and more.

Kids were taken with the turtle soup of gags, colourful characters and pizza obsession, but Amell says there is more than that to their appeal.

"At the baseline of this entire experience, we are talking about the relationship of four brothers — the relationship as they struggle through adolescence," he says. "I feel like whether you have brothers, sisters, close friends, any type of family, everyone can relate to that."

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Emilia Clarke plays the central character in the film adaption of Jojo Moyes' bestselling novel Me Before You. CONTRIBUTED

From dragon lady to peppy caregiver

INTERVIEW

Emilia Clarke sees so much of herself in Me Before You

Richard Crouse
For Metro Canada

These days Jojo Moyes is a best-selling author with a movie adaptation about to hit screens.

But before she wrote her best-known book she says, "I had not troubled the bestseller charts."

The former journalist, who has written 13 novels, hit publishing pay dirt with Me Before You, a romance about a young woman who has a life-changing relationship with a paralyzed man.

"I was driving my kids home from school," says Moyes, "and I heard this story on the news about a young athlete who had been left quadriplegic after an accident.

"Several years into life as a quadriplegic he had persuaded his parents to take him to Dignitas, which is a centre for assisted suicide in England to end his life.

"I was just really shocked by this story because as a human and a parent I could not envisage how a parent would agree to do that.

"I kept thinking I would fight to the death to keep my kids alive. Because I am an ex journalist, I started to read around it and read more about this young man and read more about the issue and I discovered it wasn't as black and white as I wanted to believe. Then it got me thinking, what would I be like if I were him? What would it be like to be his mother? What would it be like to be his girlfriend?"

The book sold north of 5 million copies and is now a movie starring Games of Thrones dragon lady Emilia Clarke. The 29-year-old actress plays the relentlessly cheerful Louisa, caregiver to quadriplegic Will, played by The Hunger Games star Sam Claflin.

"I read the amazing book first," the effervescent Clarke says. "I was reading it to see if I wanted to be in it. In the first couple of pages of Lou (I thought) this is who I am. This is so much me in every way. Then there was the story itself and the beauty within it; the heartbreak, the joy and the laughter fell on top of one another and I just said yes.

"I understand (Louisa) innately because if things ever get too dire I'm going to crack a joke. We're going to laugh through this. In those moments, at that peak when something bad has happened, and you're like, 'Let's laugh about it,' as you're laughing you start crying.

She also says she had a rigorous rehearsal process with co-star Claflin, so she got to know her character and their story really well.

"When you've got all that knowledge someone only has to say one thing and you are there because you have built her within you. You've built the story around you."

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Love blossoms late for Delpy's heroine

CINEMA

Lolo plumbs deeper depths than many in rom-com genre

Steve Gow
For Metro Canada

Julie Delpy may not have come up with the definition herself, but she loves that the Village Voice called her latest film a "maternal horror film disguised as a rom-com."

"I would say that it is a bit of a mother's nightmare," said Delpy of Lolo — her new movie about "finding love again in your forties, especially with someone who doesn't seem like the perfect match."

In the comedy, Delpy (who co-wrote, starred and directed) is a Parisian fashion designer who may have found her ideal-albeit-awkward suitor until her malevolent 19-year-old son wages war on the would-be romance.

"I thought, what's the hardest thing to actually see as an enemy — your own child," said Delpy of the plot's origin. "There's no one you love more in the world so it was complicated."

Already a hit in France, Delpy may be gaining fans with the high-concept narrative but it wasn't without much effort. In fact, for someone who stepped into Tinseltown's spotlight over two decades ago and even earned a pair of Oscar nominations for co-authoring Before Sunset/Before Midnight — the 46-year-old triple-threat still struggles to catch the attention of Hollywood financing.

"It's a men's club, there's no doubt about it," insisted Delpy, adding the diversity gap in movies is still rampant.

> **There's no one you love more in the world so it was complicated.**
> Julie Delpy

"The reality for me is that because it's so bad in Hollywood, I financed my film out of Europe because there's no way I can make my films (in America). I would not be a director if I waited for people to give me money in this country."

Still, Delpy remains positive and centered on simply being creative. Having escaped into writing ever since she was a child, Delpy admits she has stacks of unproduced screenplays. And although she rarely mentions them for fear of jinxing their prospects, she remains excited about one specific project – if she can get it off the ground.

"It's a really beautiful, fun, dark comic book," Delpy says of Cancer Vixen, the graphic memoir she has adapted about author Marisa Acocella Marchetto's bout with breast cancer. "I really think that film is going to happen (but) I'm still knocking on wood."

Vincent Lacoste and Julie Delpy in Lolo. PACIFIC NORTHWEST PICTURES

INVESTIGATION

Tests show Prince died of fentanyl overdose: Official

Prince died of an accidental overdose of the powerful painkiller fentanyl, autopsy results released Thursday show.

The 57-year-old singer was found dead April 21 at his Minneapolis-area estate.

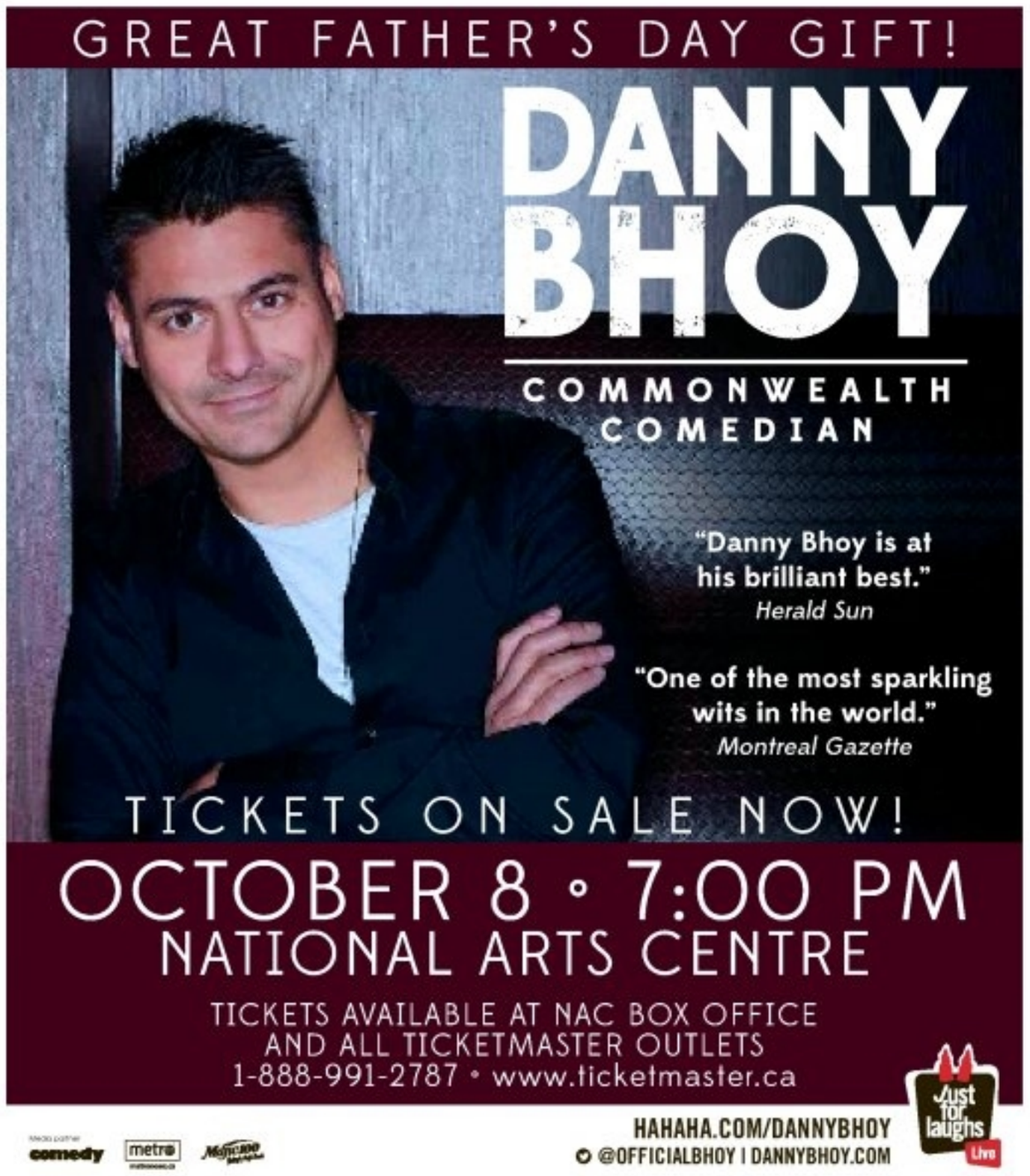
According to a one-page report released by the Midwest Medical Examiner's Office, Prince administered the drug himself, but the date he took it was unknown. The office said it has completed its death investigation and had no further comment.

The findings confirm suspicions that opioids played a role in the musician's death. After he died, authorities began reviewing whether an overdose was to blame and whether he had been prescribed drugs in the preceding weeks.

At least two doctors' names have come up in the death investigation being conducted by the Carver County Sheriff's Office, the U.S. Attorney's Office in Minnesota and the Drug Enforcement Administration.

Dr. Michael Todd Schulenberg, a family practitioner, treated Prince twice in the weeks before his death and told investigators he prescribed medications for the singer.

Dr. Howard Kornfeld, a California addiction specialist, was also named in the investigation. THE ASSOCIATED PRESS



metro TRAVEL
Your essential daily news

French street artist makes Louvre crystal disappear

Panoramic views from the park

GRASSLANDS

Bisson, borealis — Prairies not so plain after all

Jenn Smith Nelson
For Torstar News Service

"Is there going to be anything to do?" My eldest son interrupts my count of Swainson's hawks atop passing power posts.

His worry is tied to the increasingly vast prairie vista complete with coulees and rolling soft hills greeting us — one completely devoid of play structures and stores and stuff. I urge him to keep an open mind, reminding him this isn't a typical trip.

It's a beautiful day with light, fluffy, white clouds dotting an azure sky. After nearly four hours driving southwest, my two sons, partner and I stop briefly in the Gateway to the Grasslands, Val Marie, Sask.

Grasslands National Park, our end destination, is an impressive expanse divided into two blocks — east and west.

Our cracked windows allow in a slight breeze carrying the sweet smell of sage-y grasses as we follow the Ecotour Road and happen upon a roadblock; a few hundred, in fact.

Bison as far as our eyes could see litter the panorama. Sunning, sauntering and grunting, young calves mosey alongside 2,000-pound giants. Spread out like hay bales, the herd is unfazed as our slow-moving vehicle weaves along.

We arrive at the Frenchman River Valley campsite area and cart gear to our tipi while the boys head off for a well-timed, Parks Canada Junior Naturalists program.

Eager to be free, they excitedly begin searching for evidence of life in the park, armed with lists and digital cameras. Once unpacked, we sit in oversized chairs and rest, taking in the camp's panoramic prairie view.

It's midday when they return, grins wide, eager to share what they've learned. It's scorching at more than 30 C, so we take refuge in the tipi, grabbing a snack before hopping back in the van to drive to 70 Mile Butte to hike and take in the sunset — a spot we've been told is the park's best vantage point.

Heading back the way we came, a sign warning of wildlife I didn't want to see — rattlesnakes — greets us at the entrance to the butte's upward winding trail.

TIP

Try to devote three to five days to your visit. There is much to do here, including astronomy, birding and fossil finding.

From the hundreds of bison that call Grasslands National Park home, to hunting for treasures to skies that leave you speechless, the area makes for a great camping trip. JENN SMITH NELSON

Scaling the fence, the boys jet off and keep a steady pace ahead as we meander along, stopping to read signs identifying indigenous plants and to admire lichen-covered rocks.

An hour later we are rewarded with an incredible view.

Spinning 360 degrees, we marvel at the sprawling green landscape while waiting for the sun to set. Building small rock Inukshuks cliffside, my boys make me nervous as they creep too close to the edge for my comfort.

Soon, the sun begins to dip; golden rays descend quickly along the prairie horizon. We head back knowing the dark will follow, but unexpectedly the sky comes alive. Hues of blue from the sunset deepen against rich tones of pink and strokes of violet, stopping me in my tracks — frozen by the display. Wispy clouds shift shapes, dancing across the sky. The boys who are ahead of me finally notice, and stare mesmerized.

Camp is dark when we return and the sky decides to put on another dazzling display. This time, it's the green swirls of aurora borealis amidst a clear, starry night in Canada's darkest dark sky preserve. My eldest oohs and awws before heading in to sleep, completely tuckered.

Jenn Smith Nelson was hosted by Parks Canada and Tourism Saskatchewan, neither of which reviewed or approved this story.

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Granada's cobblestoned charm

CENTRAL AMERICA

Nicargua gives Costa Rica a run for its money

It was just over 20 years ago, when the political turmoil settled down, that a few intrepid surfers and backpackers started exploring the Pacific coast of Nicargua as an alternative to increasingly pricey Costa Rica.

Today, travellers are discovering this Central American hidden gem has volcanoes to explore, a vibrant cultural scene with non-stop festivals, and a bounty of local fresh food and drink.

"There are so many people saying 'Forget Costa Rica, that's over.' Nicaragua is the new big destination in Central America," says Raymundo Solorzano, a guide with 22 years of experience.

Solorzano is referring to the spate of articles touting his home country as the next big thing in travel, spurred on by the realization that the country is affordable and hasn't yet been plundered by large hotel and restaurant chains.

La Catedral de Granada pictured here with Lake Nicaragua in the background. The Cathedral is easily Granada's most recognizable feature in a city full of beautiful colonial architecture. NICARGUA TOURIST BOARD

Granada, a small, traditional-looking city on Lake Nicaragua, is easily the most picturesque hub for nightlife, festivals and foodism, beating out the less walkable capital, Managua, where life gravitates towards the suburbs.

Granada is laid out in accordance with Spanish colonial urban planning, with narrow cobblestone streets spreading out from a pedestrian-friendly, tree-filled square — similar to a Mexican zocalo.

This is the town's heart, where street vendors hawk goods and bands play to tourists and families alike on weekends and holidays, all under the shadow of La Catedral de Granada, the city's most recognizable building.

Connecting Granada's central square to the malecon (the lakefront recreational area) is Calle La Calzada, a charming street that, at night, is full of people relaxing on patios, people spilling out from the sidewalk cafés, restaurants and ubiquitous Irish bars.

These bars don't just specialize in stout and whiskey, they also do a brisk trade in tropical rum cocktails, notably, the Macua, Nicaragua's answer to the Margarita.

Invented in Granada in 2006, the country's signature drink is a tart and refreshing lemon, orange and guava juice mixture, spiked with a heavy-handed pour of Flor de Cana, which, for all intents and purposes, is the country's only rum.

Flor de Cana — along with locally brewed Tona and Victoria beers — dominates bar life and cocktail culture in Granada.

On patios, people often sip the award-winning rum straight up after dinner, along with smoking a local hand-rolled cigar, one of the country's other most valuable industries.

While the rum has a loyal local following, that's only part of the overall ethos of this remarkably locavore-friendly nation resistant to multinationals and their products.

Solorzano, who only drinks his country's native spirit, shakes his head disapprovingly at the prospect of solera-style rums made in "far away" places such as Guatemala. He says this extends to eating and points out there are very few American fast-food outlets in Nicaragua.

"The most popular fast food here is the fritanga," Solarzano explains, referring to small family-run, casual restaurants that specialize in grilled meat and chicken entrees served with fried plantains and gallo pinto (rice and beans).

There is no shortage of higher-end and more adventurous eats to be found in surf and turf restaurants, where Nicaraguan grass-fed beef and local fresh seafood is plentiful. New restaurants that incorporate more eclectic styles and Asian influences, vegetarian foods and bocas bars (like tapas) are starting to crop up all over Granada and other tourist areas.

Solorzano believes the best Nicaragua might do is resist foreign highrise hotels that seem to crop up in popular beach destinations, such as and Panama and Acapulco.

But, for now, Nicaragua's still affordable, charming, and the perfect place to drink up good, fresh, local fare.

Not to mention a few tasty Macuas. TORSTAR NEWS SERVICE

FUN FACT

The Survivior connecton

Many credit the show Survivor — which filmed three seasons here — for helping North Americans take to the idea that Nicaragua is a desirable destination.

The course that Trump built

The Ayrshire coast has links to historical figures like William Wallace. Today the area is known for links like the Trump Turnberry (shown), recently relaunched by controversial U.S. presidential candidate Donald Trump, the Royal Troon — hosting the Open Championship in July — and the grandaddy of courses, Prestwick. CONTRIBUTED

AYRESHIRE COAST

Area hosts some of the best golf in the world

Brian Kendall
For Metro Canada

Home to Royal Troon, Prestwick, Trump Turnberry and other hallowed links, Scotland's Ayrshire coast is anticipating its most exciting golf season since the first-ever Open Championship was played here in 1860.

On June 1, Donald Trump relaunched the famous Ailsa course at his rebranded Trump Turnberry Resort. Ailsa's almost complete redesign by star golf architect Martin Ebert is part of a $500-million makeover of a 149-room luxury property acquired by the U.S. presidential hopeful in 2014.

Easily the most anticipated of all the changes made to Ailsa, which has hosted four Opens, is the transformation of the iconic par-four "lighthouse" hole into what Trump with typical immodesty calls "the most spectacular par three in the world."

An even bigger story is the Open's return to Royal Troon Golf Club, July 14 to 17.

Rory McIlroy, Jordan Spieth and the world's other top players will challenge a classic windswept links where the first nine holes run entirely alongside the sea.

> **Full of blind shots, crazy bounces and other quirks, Prestwick has hosted 24 Opens, including the first 12 ever played.**

Host of eight previous Opens, Royal Troon is best known for its evilly bunkered par-three eighth hole, called the Postage Stamp. Just 123 yards long, it's the shortest hole in Open Championship golf.

Set on the shores of the Firth of Clyde in southwest Scotland, the district of Ayrshire is steeped in history, with links to William Wallace, Robert the Bruce and Scotland's national poet, Robert Burns.

The clay and thatch cottage where Burns was born is now a museum in the village of Alloway.

The seaside towns of Ayr, Girvan, Irvine, Largs, Prestwick and Troon are all popular with visitors. Others make nearby Glasgow, Scotland's largest and most vibrant city, their home base. Glasgow essentials include a shopping spree on Buchanan Street, a grandstand seat at a Celtic or Rangers soccer match, and a tour of Kelvingrove Art Gallery and Museum, the most visited museum in the United Kingdom outside of London.

Glasgow is an easy drive from most of Ayrshire's 44 18-hole golf courses, including three more that rank alongside Royal Troon and Trump Turnberry among the world's outstanding seaside links.

Founded in 1897, Western Gailes Golf Club is a wonderfully natural design that wends through dunes on a spit of land by Irvine Bay.

Some greens fold as if organically into the rumpled landscape, with others protected by sentinel-like dunes.

Just across the railway tracks from Western Gailes is Dundonald Links, which opened in 2003 but feels a century older. This acclaimed design by Kyle Phillips will host the European Tour's Scottish Open for the first time in 2017.

But the granddaddy of all Ayrshire courses is Prestwick Golf Club. Full of blind shots, crazy bounces and other quirks, Prestwick has hosted 24 Opens, including the first 12 ever played. Designed by the immortal Old Tom Morris, the course features six of his original greens, as well as three original holes.

Though no longer in the Open rotation, Prestwick is still a must-play for everyone who loves the game.

Visit Brian's website at canadiangolftraveller.com

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metro SPORTS

Dwane Casey and the Raptors have reportedly agreed on a three-year, US$18-million contract extension

COC

Chief says problems have been resolved

It has been a most unusual buildup to the Summer Games for the Canadian Olympic Committee.

The COC was rocked last year after allegations of sexual harassment were levelled at former president Marcel Aubut, who resigned in October. Olympic rower Tricia Smith took over as president, the COC agreed to make organizational changes after a third-party review, and two executives and a manager were fired.

With the Rio Games now just two months away, COC chief executive officer Chris Overholt said Thursday that the committee has taken on its challenges and is looking to the future.

18

Canada won 18 medals (one gold, five silver, 12 bronze) at the 2012 Games in London. The team's goal for Rio is a top-12 finish in the medal standings.

"I certainly think that we've taken it head on," he said. "We've addressed the changes that we felt we needed to make urgently. And look, he's gone and we've moved forward. We've made additional changes to our policies. We've added some very significant board members that I know are going to help with matters of governance. We're in the middle of a governance review. We've taken some really good strides.

"As we've said, we all need to own it but we've done that and we've moved forward. We've still got more work to do and we're excited about that."

THE CANADIAN PRESS

"As we've said, we all need to own it but we've done that and we've moved forward.
Chris Overholt

Pens coach snubs cheating claims

STANLEY CUP FINAL

Crosby accused of underhanded tactics in the faceoff circle

Coach Mike Sullivan says that if Sidney Crosby is cheating in the faceoff circle, so is everyone else.

The Pittsburgh Penguins coach defended his star centre on a conference call on Thursday against charges from some San Jose Sharks that Crosby has been getting away with mischief in the faceoff circle.

Crosby won a draw in the San Jose zone that led to Conor Sheary's game-winning goal in overtime on Wednesday to give the Penguins a 2-0 lead in the best-of-seven Stanley Cup final. San Jose forward Logan Couture said Crosby is given a pass by officials "because of who he is," while defenceman Marc-Edouard Vlasic said he "should have been kicked out" on the decisive draw.

The Sharks may have been trying to get officials to watch Crosby more closely on faceoffs, but Sullivan said he is not worried.

"All centres that go in and take faceoffs are trying to get an edge," said Sullivan. "That's just the reality of it.

"They're doing the same things that our guys are doing. The way I look at it, that's all part of being a centre-iceman and trying to figure out ways to get an edge and be successful. Sid's not doing anything that their guys aren't doing. Quite honestly, it really isn't worthy of a response. My main focus is our group and our mindset going into Game 3. We want to make sure we focus on the task at hand."

"Sid's not doing anything that their guys aren't doing. Quite honestly, it really isn't worthy of a response.
Penguins coach Mike Sullivan

Game 3 is set for Saturday in San Jose.

Crosby called the play that led to the game-winner to his teammates on the ice. He drew the puck back to Kris Letang who, instead of shooting, found Sheary open in the slot.

"He's a great leader," said Sullivan. "He takes charge of his line; he takes charge of situations on the ice.

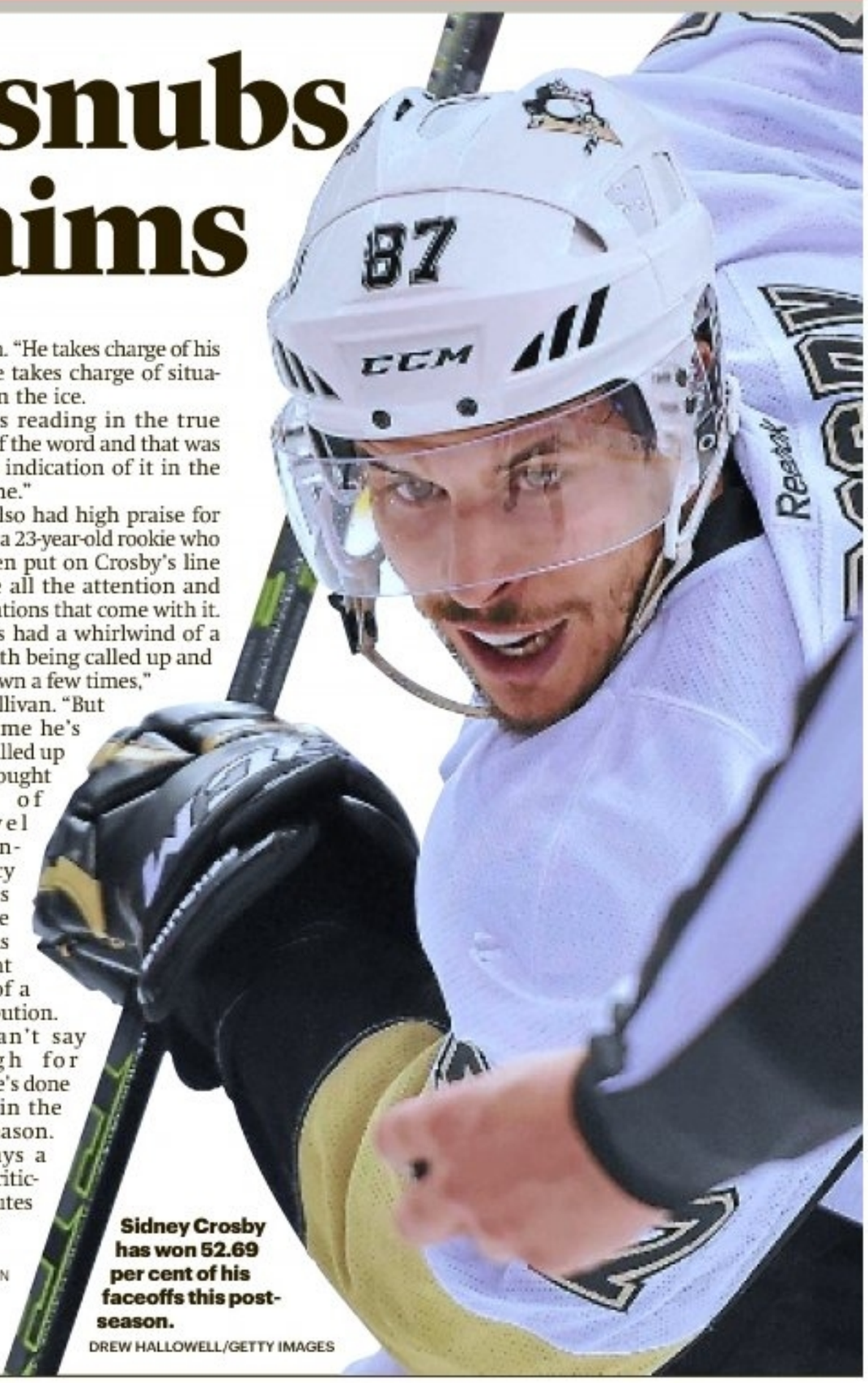
"He's reading in the true sense of the word and that was just an indication of it in the overtime."

He also had high praise for Sheary, a 23-year-old rookie who has been put on Crosby's line despite all the attention and expectations that come with it.

"He's had a whirlwind of a year with being called up and sent down a few times," said Sullivan. "But each time he's been called up he's brought more of a level of consistency to his game and has brought more of a contribution.

"I can't say enough for what he's done for us in the post-season. He plays a lot of critical minutes for us."

THE CANADIAN PRESS



Sidney Crosby has won 52.69 per cent of his faceoffs this post-season.
DREW HALLOWELL/GETTY IMAGES

FRENCH OPEN

Serena rallies from brink of elimination

Serena Williams
ERIC FEFERBERG/AFP/GETTY IMAGES

Defending champion Serena Williams pulled out quite a comeback in the French Open quarterfinals, coming back from a set and a break down to beat Yulia Putintseva 5-7, 6-4, 6-1.

How close was Williams to her earliest exit at a Grand Slam tournament since Wimbledon in 2014? Putintseva, who is from Kazakhstan and ranked only 60th, twice was a point from serving for the biggest victory of her career.

THE ASSOCIATED PRESS

IN BRIEF

Ali hospitalized for respiratory issue

A spokesman for boxing great Muhammad Ali says the former heavyweight champion is being treated in a hospital for a respiratory issue.

Bob Gunnell said Thursday that Ali is being treated by doctors as a precaution. He says the 74-year-old is in fair condition, but declined to say where Ali is hospitalized or when he was admitted.

THE ASSOCIATED PRESS

SOCCER

England defeats 10-man Portugal

Chris Smalling headed in a late goal as England finally broke down 10-man Portugal to secure an underwhelming 1-0 win in the final European Championship warmup game for Roy Hodgson's team.

Portugal, without a rested Cristiano Ronaldo at Wembley Stadium, still has another friendly Wednesday against Estonia before heading to France.

Portugal coped well Thursday after the 35th minute, when Bruno Alves was dismissed for a high kick on Harry Kane, until Smalling's 86th-minute goal.

THURSDAY In London

ENGLAND	PORTUGAL
1	0

England opens Euro 2016 against Russia and Portugal's first game is against Iceland.

THE ASSOCIATED PRESS

RECIPE Black Bean Burger

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Make summer's ultimate dinner — the burger — healthier and more budget friendly by using black beans. This veggie burger has great depth of flavours even meat-lovers will approve of.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 2 x 14 oz. cans of black beans
- 1 egg
- 1/4 cup of panko (or plain breadcrumbs)
- 2 tsp cumin
- 1 tsp dried oregano
- 1/4 tsp cayenne
- 1/4 cup fresh cilantro
- 3 Tbsp oil

Directions

1. Rinse the black beans in a colander. Add one can of beans, panko, cumin, oregano, cayenne and the egg into a blender. Pulse it until it forms a purée. Empty the blender contents into a bowl. Stir in the other can of beans and the cilantro.

2. Use your hands to form into patties.

3. Heat oil in a pan to medium then gently place your patties in. Cook for 5 minutes a side.

4. Use a thin, flexible spatula to loosen the patties and flip. Cook for another 5 minutes.

5. Serve on a bun with your favourite toppings, like tomato, avocado, lettuce, salsa, spicy mayo.

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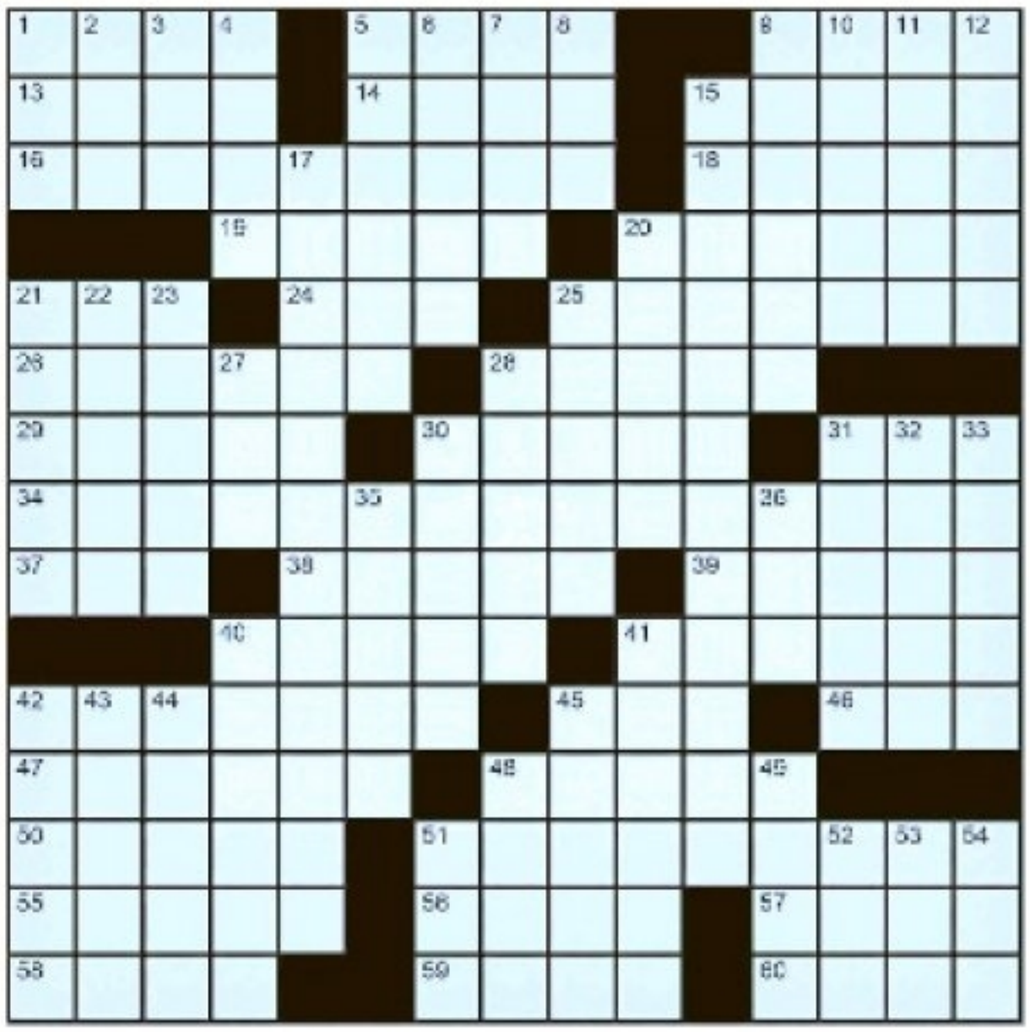
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Butterfly's cousin
5. Havana's locale
9. "Fatigued!"
13. Boyfriend
14. "Step __!" (Hurry!)
15. "Flashdance" (1983) star Michael
16. Particular philosophy pupil of Plato's
18. "ER" actress Laura
19. Ms. Holmes
20. Tattletale
21. 1977 Steely Dan album
24. Little laugh, _-Hee
25. Stateliness
26. Judy Garland's daughter Ms. Luft's
28. Actress Rooney, and surnamesakes
29. "_ '_ In" by Wings
30. Show ticket, informally
31. Alsatian artist Jean
34. Leading lady in "Austin Powers: International Man of Mystery" (1997): 2 wds.
37. Bill _, 'The Science Guy'
38. Joie de vivre
39. Detection device
40. The _ (Winnipeg meeting place)
41. Stow cargo in a ship's hold
42. Cultural tourist attractions
45. Nothing
46. CBC commentator Mr. Murphy
47. Llama-like animal
48. Engraved head necklace piece
50. Cache
51. Artifact recovered from HMS Erebus: 2 wds.
55. Commonplace
56. Cash register drawer
57. "Stay" by Rihanna feat. Mikky _
58. Without
59. Daisy's optimistic pal?
60. Elwy _ (Movies-loving Member of the Order of Canada)

DOWN
1. Entrepreneur's deg.
2. Atop, in verse
3. Cocktail, Mai _
4. Corn cast-off
5. Wetland in Hamilton, _ Paradise
6. Free from knots
7. Nastiness
8. Aria in Bellini's 1835 opera I Puritani: "_ __, O Cara"
9. Farm animals
10. Tomato sauce brand
11. Vertical
12. _-washy
15. "Teenage Mutant __: Out of the Shadows" (2016)
17. 'Meeting of the Waters' Nova Scotia village
20. "American Horror Story" actress Ms. Paulson
21. "Fame" (1980) actress Debbie
22. British actress Ms. Richardson
23. Bandleader Mr. Shaw
25. Village People hit: "_ Man"
27. Pince-_ (Eyeglasses style)
28. Combo canines
30. Office worker 'tables'
31. Red _ (Tree in British Columbia)
32. Steal, archaically
33. Heat-resistant glassware
35. "Objective, _!" (1945) starring Errol Flynn
36. Celebritydom's Charlotte
40. Super scrumptious spreads
41. '80s British band, _ Red
42. Boat poles
43. 'U' of UHF
44. "Never Been to _" by Three Dog Night
45. Music: Nine Inch whats?
48. Blue-_ stock
49. Carry out the command
51. Irish actor Mr. Townsend, to pals
52. Mr. _ from "Lost"
53. Initials-sharers of Phoebe's portrayer on "Friends"
54. Fate

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't take it personally if relations with siblings, relatives and neighbours are strained today. A lot of people feel this way today. It's just how it is.

Taurus April 21 - May 21
Financial matters might disappoint you today. Quite likely, something will happen that makes you feel broke. Join the club; we number millions. You can overcome this hurdle another day.

Gemini May 22 - June 21
Relations with partners and close friends are strained today, definitely. Just don't expect too much from anyone. Easy come, easy go. It's no big deal.

Cancer June 22 - July 23
You might feel lonely or cut off from others today. This is a fleeting thing. Tomorrow is a good day to make new resolutions, because it's a New Moon.

Leo July 24 - Aug. 23
Someone older or more experienced might be critical of you today. (This always goes over like a lead balloon.) Just cope as best you can. Don't take it personally.

Virgo Aug. 24 - Sept. 23
Relations with the family authority figure will not be easy today. Therefore, avoid an important discussion if you can. In fact, run the other way!

Libra Sept. 24 - Oct. 23
You might be discouraged or worried today. Please know that this is just a temporary frame of mind; don't let it get you down. Tomorrow you can make new resolutions that are exciting.

Scorpio Oct. 24 - Nov. 22
This is a poor day to propose your financial ideas or to buy or sell anything, because someone will block your plans. Many people meet with obstacles today.

Sagittarius Nov. 23 - Dec. 21
This is a dicey day for dealing with partners and close friends. However, all relationships go up and down, don't they? It's just for one day.

Capricorn Dec. 22 - Jan. 20
You might feel lonely or cut off from others today. The irony is that you are building the fence that imprisons you.

Aquarius Jan. 21 - Feb. 19
Don't be discouraged if someone older criticizes you or shoots down your plans. This is happening to a lot of people today.

Pisces
Feb. 20 - March 20
This is a poor day to ask for approval or permission from anyone in a position of authority. Quite likely, the person's answer will be, "Talk to the hand." Choose another day.

CONCEPTIS SUDOKU by Dave Green

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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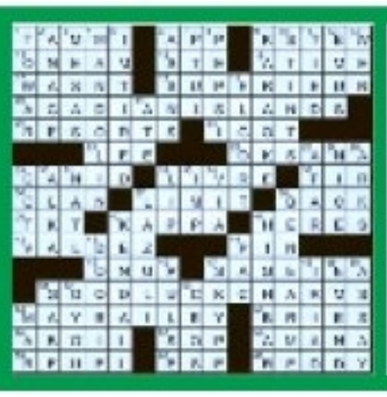

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